

# German Recipe Book



**Das Tischgebet:**  
Alle guten Gaben  
kommen Herr von dir.  
Was wir sind, und haben  
dafür danken wir.  
Amen

**Grace:**  
All good gifts  
come Lord from you.  
What we are, and have  
for that we thank you.  
Amen

recipes are drawn from  
"Russian, Polish and German Cooking" (2004).Ed: Lesley Chamberlain,  
Hermes House Books.  
<http://www.grouprecipes.com> - search "simple German"

# Brezeln/Brezn: Pretzels

Pretzels are very popular amongst German kids, especially in southern German regions where they are known as *Brezn*. In northern Germany, they are known as *Brezel*. Why not try out this recipe for pretzels for yourself? They are delicious and best eaten when they are still warm.

Before you start, make sure you get an adult to help you!

## You will need:

\* A mixer    \* A mixing bowl    \* A kitchen knife    \* Baking paper    \* A basting brush

## Ingredients:

* 250 g wholemeal flour	* A pinch of salt
* 120 g butter	* Coarse salt or sesame seeds to sprinkle
* 6 tablespoons of milk	* 1 egg yolk

## Making the Pretzels:

1. Preheat the oven
2. Put the flour, the butter, the milk and a pinch of salt into the mixing bowl and mix them together until the dough is smooth.
3. Form the dough into a roll and put it into the fridge for about 30 minutes.
4. Cut the dough into lumps of about 3 - 4cm and roll each piece into a very thin rope (a little bigger than a pencil).
5. Fold the dough into a U-shape. Bring the ends together and twist them to the shape of a pretzel.
6. Lay them on a greased baking tray.
7. Mix the egg yolk with one spoonful of water and brush the mix over the pretzels. Sprinkle with coarse salt or sesame seeds. Put in the oven and bake for about 30 minutes.

Then ... eat and enjoy!



# Salate

## German Potato Salad Kartoffelsalat

6 servings

### Ingredients:

1 cup sour cream	2 pounds small white potatoes
1/2 cup mayonnaise	1 small cucumber, peeled and chopped
1 onion, finely chopped	8 radishes, sliced
1 tblspn vinegar	2 carrots, grated
1 tblspn prepared mustard	2 hard cooked eggs, sliced
2-3 tsp salt	1 tomato, sliced,
1 tsp sugar	chopped parsley
1/8 tsp black pepper	

### Directions:

1. Combine sour cream, mayonnaise, onion, vinegar, mustard, salt, sugar and pepper.
2. Let stand 10-15 minutes.
3. Cook unpeeled potatoes in boiling water until fork-tender - about 20-25 minutes.
4. Peel; cut into thin slices.
5. Combine potatoes, cucumber, radishes and carrots in large bowl.
6. Add sour cream mixture; toss lightly.
7. Garnish with eggs, tomato and parsley.
8. Salad may be served hot or cold.



# Hauptgerichte

## German Struedels from Oma

Strudels are a classic German recipe. There are many varieties of strudel filling. Often they are sweet. This is a savoury version.

\*\*\* COVER TIGHTLY-THIS IS VERY IMPORTANT OR RECIPE WILL NOT WORK AND YOU CANNOT PEEK OR THE STRUDELS WILL FALL!!! \*\*\*

### Ingredients

- 1/4 ounce dry yeast
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 cup warm water
- 1 egg
- 1 3/4 cups flour
- 2 cups diced potatoes
- 1/2 cup diced onions
- 1 tablespoon salt
- 1 teaspoon pepper
- 1/2 cup vegetable oil

### Directions

1. Combine yeast, salt, sugar, water, egg, and flour to make dough.
2. Divide the dough into small balls.
3. Let rest for a while.
4. Roll balls to about 1/4 inch thick and spread with warm oil.
5. Let the dough rest for a few minutes so the dough will stretch easily, then stretch the dough paper thin.
6. Once the dough is stretched, roll it like you would for cinnamon rolls.
7. Cut the dough (which is rolled up like a snake now) into 3 inch lengths.
8. Coat roaster or heavy pan (you can also use an electric frying pan) with shortening or oil, put as many diced potatoes and onions as you like and season with salt and pepper.
9. Add water to cover the potatoes and bring to a boil.
10. Once water is boiling lay strudels on top of potatoes in two layers.
11. Water should nearly cover strudels.
12. Cook over low heat 30 to 35 minutes, or until you can hear a slight "frying" noise in the pan.

# Spätzle

This simple pasta dish comes from Swabia in south-west Germany, where it is more popular than potatoes and is served with many savoury dishes.

## Ingredients

350 g / 12 oz / 3 cups plain flour

2.5 ml / 1/2 tsp salt

2 eggs, beaten

approx 200 ml / 7 fl oz / scant 1 cup milk

15 ml / 1 tbsp sunflower oil

25 g / 1 oz / 2 tbsp butter, melted

- 1 Sift the flour, and salt into a bowl and make a well in the centre. Add the eggs & enough milk & water to make a very soft dough.
2. Beat the dough until it develops bubbles, then stir in the oil and beat again. Bring a large pan of salted water to the boil.
3. Dampen a chopping board with water and place the dough on it. Shave off strips of the dough into the water using the broad side of a knife.
4. Cook for 3 minutes, then remove the pieces with a slotted spoon. Rinse quickly in hot water and put in a warmed serving bowl and cover to keep warm. Repeat until all the dough has been used up.
5. Drizzle the melted butter over the top and serve immediately, topped with diced bacon. Serve with poached celery hearts, and sprinkled with freshly ground black pepper. Alternatively, these taste great with any hearty casserole!

# Kartoffelpfannkuchen (mit Apfelmus)

## Potato Pancakes (with Apple Sauce)

### Ingredients

2 kg potatoes  
2 small onions  
2-3 tsp salt  
2-4 eggs  
60 g flour  
250 ml cooking oil

Peel, wash and grate the potatoes

Grate the onions

Mix together.

Heat Oil and place tablespoonsful of the mixture in it. Press mixture flat. Fry both sides til brown & crsipy.

Serve hot with a spoonful of Apple Sauce!

For a funny German game, see:

<http://www.wdrmaus.de/spielen/mausspiele/spiel.php5?id=183>

# Lentil Soup - Linsensuppe

## Ingredients:

225 g / 1 cup brown lentils  
15 ml sunflower oil  
1 onion, finely chopped  
1 leek, finely chopped  
1 carrot, finely diced  
2 celery sticks, chopped  
115 g lean bacon

2 bay leaves  
1.5 L water  
30 ml chopped fresh parsley + extra to garnish  
225 g frankfurter, sliced (can be omitted for a lighter version of the soup)  
salt & fresh ground black pepper

## Directions:

1. Rinse lentils thoroughly under cold running water
2. heat oil in large pan & gently fry onion for 5 minutes, until soft.
3. Add leek, carrot, celery, bacon and bay leaves.
4. Add lentils. Pour in water. Slowly bring to boil. Skim the surface, then simmer, uncovered for 45-50 minutes / til lentils are soft.
5. Remove the piece of bacon from soup and cut into small cubes. Trim off excess fat.
6. Return bacon to soup with parsley and sliced frankfurter and season with salt & pepper. Simmer 2-3 minutes, remove bay leaves and serve garnished with parsley.

from "Russian, Polish and German Cooking" Ed: Lesley Chamberlain, Hermes House Books (2004).

# German Red Cabbage Recipe

## Ingredients

- 1 medium red cabbage
- 1 large apple
- 1 onion, sliced
- $1\frac{1}{2}$  tablespoons brown sugar
- 3 tablespoons red wine vinegar
- $\frac{1}{2}$  teaspoon caraway seeds
- 2 tablespoons butter
- salt and pepper to taste

## Directions:

1. Chop the cabbage into 4 quarters, cut out the central core and shred.
2. Peel and core apple. Chop into small pieces.
3. Place all ingredients into a large pan with about  $1\frac{1}{4}$  cups water. Bring to the boil, cover and simmer on low heat, for about 30 minutes, stirring once or twice.
4. The cabbage should be tender but not soft with little liquid left.
5. Serve hot. If making ahead, cool and chill. Reheat thoroughly to serve.

# Quick German Red Cabbage

## Ingredients:

- |                                |  |
|--------------------------------|--|
| * 1 head red cabbage           | * 3 tbs. olive oil                       |
| * 2 tsp. caraway               | * 1 cup apple juice                      |
| * 2 tsp. hungarian hot paprika | * $\frac{1}{4}$ cup stone ground mustard |

## Directions :

1. Chop the cabbage after removing the core
2. Put the caraway paprika and oil in a large frying pan on medium heat
3. When oil is warm add cabbage and toss
4. Cook the cabbage for 15 minutes until getting soft
5. Add the apple juice and mustard
6. Cook for 15 minutes more once the apple juice starts to boil.



# Bavarian Potato Dumplings

## Ingredients:

- \* 6 potatoes, medium
- \* 2 eggs
- \* 1 1/2 teaspoons salt
- \* 1/2 cup flour

## Directions:

1. Boil potatoes in jackets. Peel when cool and grate or rice them. Add eggs, salt & flour.
2. Beat the batter with a fork until fluffy. Chill.
3. Roll lightly into balls 1" in diameter and drop gently into gently boiling salted water for 10 minutes. Drain well. When you are rolling them dampen your hands with warm water and then they won't be sticky.

NOTE 1: My grandmother used to put croutons in the centre of each dumpling and form the dumpling around it. My family prefers them just this way. To make it easy, I drizzle a little melted butter over large store-bought croutons and just use those. Any flavour you like.

NOTE 2: Leftover dumplings are even better the next day sliced and fried in butter on each side. Serve with leftover sauerbraten and gravy!

from "Russian, Polish & German Cooking" &  
<http://www.grouprecipes.com/59620/german-potato-dumplings.html>

# zum Nachtsch

## German Snowballs Schneenockerl

I don't know how traditional this is, but it sure sounded Lecker (yummy)!

You can make this in chocolate as well. Using chopped chocolate or cocoa.

Prep:10m Cook:8m Servings:6

### Ingredients:

- |                 |                       |
|-----------------|-----------------------|
| * 4 egg whites  | * 6 tbsp. sugar       |
| * 1/2 cup sugar | * 2 tbsp. flour       |
| * 2 cups milk   | * 2 egg yolks, beaten |
| * 1 cup water   | * 1 tsp. vanilla      |

### Directions:

1. Beat the egg whites until soft peaks form. Add the 1/2 cup sugar gradually and continue beating until very stiff.
2. Combine 2 cups milk, water and 6 Tablespoons sugar in a large shallow pan and bring to a simmer, stirring occasionally.
3. With 2 spoons, form "snow balls" out of the egg white mixture. Add to the barely simmering milk and poach 1 to 2 minutes. Turn the "snow balls" and cook another minute.
4. Remove them with a slotted spoon and drain on paper towels. Add 1/4 cup of the hot milk to the flour and stir until the mixture is smooth.
5. Stir in 1/4 cup more milk and add the mixture to the egg yolks, beating constantly.
6. Add the egg yolk mixture to the remaining milk and cook, stirring constantly until the custard thickens.
7. Remove from the heat and stir in the vanilla. Let the custard cool and spoon into individual dishes. Float the "snow balls" on top of the custard and serve.

# Apfelpfannkuchen German Apple Pancake Recipe

This makes one 10" pancake. It's great served as a dessert!

## Ingredients:

- |   |   |
|---|---|
| * 1/2 cup all-purpose flour             | sliced  |
| * 1/2 teaspoon salt                     | * 1 tablespoon firmly packed dark brown sugar |
| * 3 eggs, room temperature              |   |
| * 1/2 cup whole milk                    | * 1/4 teaspoon ground cinnamon                |
| * 2 tablespoons unsalted butter         | * Pinch of grated nutmeg                      |
| * 2 tart apples, peeled, cored & thinly |   |

## Directions:

1. Preheat oven to 475 degrees F (250 degrees C).
2. Whisk together flour and salt in a medium bowl.
3. Whisk together eggs and milk in a small bowl.
4. Gradually mix the wet ingredients into the flour until just blended.
5. DO NOT OVERBEAT.
6. Melt butter in an ovenproof skillet over medium heat.
7. Add apple slices and brown sugar.
8. Saute apples until tender, about 3 to 5 minutes.
9. Stir in cinnamon and nutmeg.
10. Pour batter over apples and place pan in oven.
11. Bake until puffy and golden, about 10 to 15 minutes.
12. Remove from oven.
13. Place serving platter over skillet and quickly invert pancake onto platter.
14. You may also serve the pancake directly from the skillet.
15. Squeeze the juice of 1 lemon wedge over pancake.
16. Dust with confectioners' sugar.
17. Slice and serve immediately.

# Apfelstrudel

## German Apple Strudel

This classic recipe is usually made with strudel dough, but filo pastry makes a good shortcut.

Serves 8-10

### Ingredients:

- \* 500 g packet filo (thawed if frozen)
- \* 115 g unsalted butter, melted
- \* icing sugar to dust
- \* cream, to serve

### Filling Ingredients:

- \* 1 kg apples, cored, peeled, sliced
- \* 115 g fresh breadcrumbs
- \* 50 g unsalted butter, melted
- \* 150 g sugar
- \* 1 tsp cinnamon
- \* 75 g raisins
- \* finely grated rind of 1 lemon

### Directions

1. Preheat oven to 180 C. For filling, place the sliced apples in a bowl. Stir in the breadcrumbs, butter, sugar, cinnamon, raisins and grated lemon rind.
2. Lay 1 or 2 sheets of pastry on a floured surface and brush with melted butter. Place another 1 or 2 sheets on top, and continue until there are 4-5 layers in all.
3. Put the apple on the pastry, with a 2.5 cm/1 in border all around.
4. Fold in the two shorter sides to enclose the filling, then roll up like a Swiss roll. Place the strudel on a lightly buttered baking sheet.
5. Brush the pastry with the remaining butter. bake for 30-40 minutes or until golden brown. Leave to cool before dusting with icing sugar. Serve in thick diagonal slices.

# Gugelhupf Kuchen

The *Gugelhupf* is a traditional ring-shaped German cake.

Kids in Germany often get them as birthday cakes, covered in chocolate or icing or Smarties. They are not difficult to make - but get an adult to help you! To make one of these cakes, you will need the following ingredients:

## Ingredients

- \* 375 g butter
- \* 300g sugar
- \* 1 packet vanilla sugar or 1 tsp of vanilla extract
- \* 4 large eggs
- \* 500g flour
- \* 1 packet baking powder
- \* 1/2 teaspoon of salt

You will also need:

- \* A large bowl
- \* A mixer
- \* A *Gugelhupf* ring-shaped (bundt) baking tin (if you don't have one, you can use a normal one)

## Directions:

1. Beat the sugar and butter in a large bowl and beat until light and fluffy, using a mixer.
2. Beat the eggs in, one at a time.
3. Stir in the vanilla sugar.
4. Mix the flour with the baking powder and the salt. (If you are using self-raising flour, you won't need baking-powder)
5. Spoon in the flour mixture and mix everything until the dough is smooth and elastic. If the dough is too dry, just add a little milk.
6. Grease a *Gugelhupf* baking tin and add in the dough.
7. Preheat the oven to 160 degrees.
8. Bake for approximately 60 minutes.



# Das Weihnachtsfest!

## German Stollen Recipe

Stollen is a traditional German Christmas cake which dates from the 12th Century and symbolises the baby Jesus wrapped in cloth. It is made from a rich yeast dough with marzipan and dried fruits.

Serves 12

### Ingredients:

3 cups strong white bread flour	1 cup mixed dried fruit
pinch salt	1/4 cup glace cherries, quartered
1/4 cup caster sugar	1/2 cup blanched almonds, chopped
2 tsp easy-blend dried yeast	finely grated rind of 1 lemon
2/3 cup milk	225 g marzipan (almond paste)
115 g butter	icing sugar, for dusting
1 egg, beaten	

1. Stir in flour, salt and sugar. Stir in yeast. Make a well in the centre. Over low heat, gently melt the milk and butter. Cool then mix with the egg into the dry ingredients.
2. Turn the dough on to a lightly floured surface & knead for 10 minutes, until smooth and elastic. Put in a clean bowl, cover with clear film and leave in a warm place to rise for about 1 hour or until doubled in size .
3. On lightly floured surface, knead in the dried fruit, cherries, almonds and lemon rind.
4. Roll out dough to rectangle approx 25 x 20 cm.
5. Roll almond paste to a sausage, slightly shorter than the dough. Place on the dough in the middle. Enclose the paste in dough.
6. Put seam side down on a greased baking sheet. Cover with oiled clear film & leave in warm place to rise approx 40 minutes or until doubled in size. Preheat oven to 190 C.
7. Bake Stollen 30-35 minutes, or until golden and hollow-sounding when tapped on the underside. Leave to cool on wire rack. Serve dusted with icing sugar.

# German Pfefferkugeln Recipe

<http://www.grouprecipes.com/29545/german-pfefferkugeln.html>

This is a softer recipe than the older version, which there are many recipes for. The pepper is very subtle. These cookies mellow with age.

Prep: 25m Cook: 12m Servings: 32

## Ingredients

- |  |  |
|--|--|
| * 1/2 lb. butter   | candied fruit                          |
| * 1 cup sugar  | * 1 lemon rind, grated, plus the juice |
| * 2-3/4 cups All-purpose flour                                       | * 2 tsp. cinnamon                      |
| * 1 cup walnuts or almonds (ground in nut grinder or food processor) | * 1/2 tsp. cloves                      |
| * 1/2 cup candied orange peel or mixed                               | * 1 tsp. freshly ground pepper         |
|  | * 1 tsp. Cardamom                      |

## Directions

1. Mix butter and sugar to creamy stage.
2. Then slowly add the juice from one lemon and the grated rind and mix well.
3. In a large bowl, add the rest of the ingredients.
4. Fold the ingredients together.
5. Either roll into 3/4-inch balls or drop by a teaspoon onto a cookie sheet.
6. Bake in a preheated 300° F oven for approximately 12 - 15 minutes.
7. Roll in powdered sugar while they are warm.
8. Store in tight covered cookie tins, or in a tight covered container in the freezer.

# Lebkuchen

These sweet and spicy cakes, a speciality of Nuremberg in Bavaria, are traditionally baked at Christmas. In German, their name means "cake of life".

Makes 20

## Ingredients

115 g blanched almonds, finely chopped	1/4 tsp ground cloves
50 g candied orange peel, finely chopped	2 eggs
finely grated rind of 1/2 lemon	115 g caster sugar
1 cardamom pods	150 g plain flour
1 tsp cinnamon	1/2 tsp baking powder
1/4 tsp nutmeg	rice paper (optional)

## For the icing

1/2 egg white  
75 g icing sugar, sifted

1. Preheat oven to 180 C. Set aside some of the almonds for sprinkling and put the remainder in a bowl with the candied orange and lemon rind.
2. Remove the black seeds from cardamom pods and crush using a pestle and mortar . Add to the bowl with the cinnamon, nutmeg and cloves and mix well.
3. Whisk the eggs and sugar in a mixing bowl until thick and foamy. Sift in the flour and baking powder, then gently fold into the eggs before adding to the nut and spice mixture.
4. Spoon dessertspoons of the mixture on to sheets of rice paper, if using, or baking paper placed on baking sheets, allowing room for the mixture to spread. Sprinkle over the reserved almonds.
5. Bake for 20 minutes, until golden. Allow to cool for a few minutes, then break off the surplus rice paper or remove the biscuits from the baking paper and cool on a wire rack.
6. Put the egg white for the icing in a bowl and lightly whisk with a fork. Stir in a little of the icing sugar at a time. Drizzle over the lebkuchen and leave to set. Keep in a tin for 2 weeks before serving.